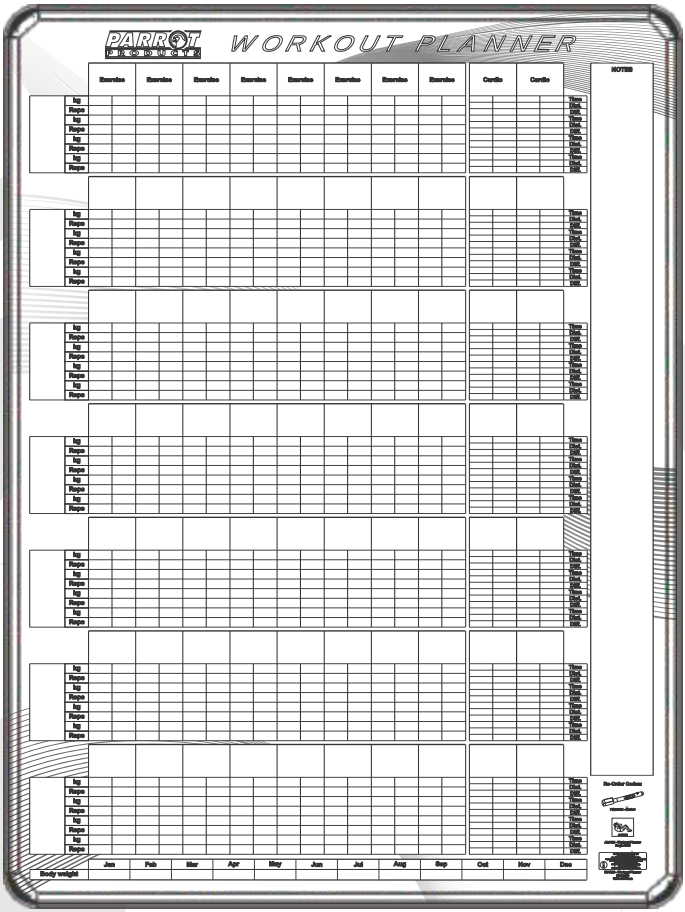
PARROT PRODUCTS

USER MANUAL FOR WORKOUT PLANNER
BD5928



LP527A

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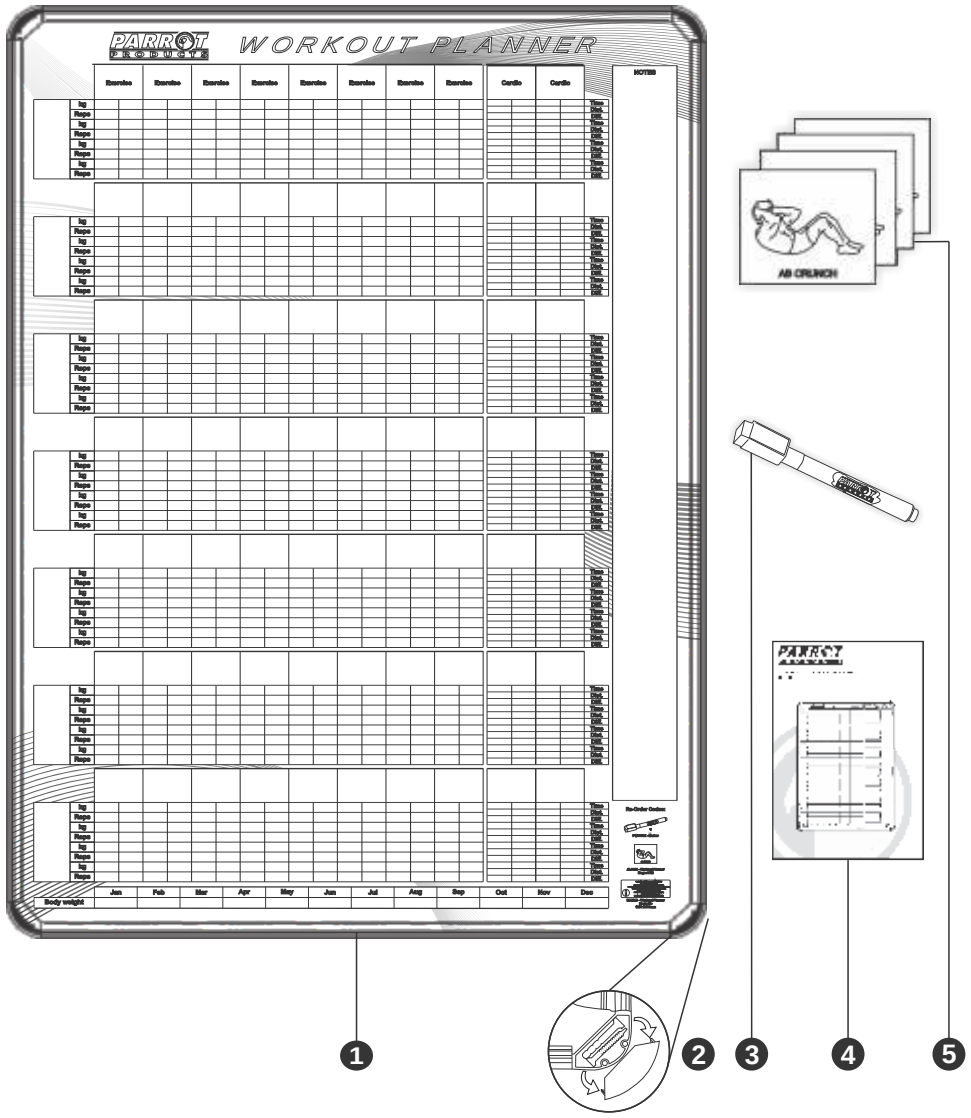
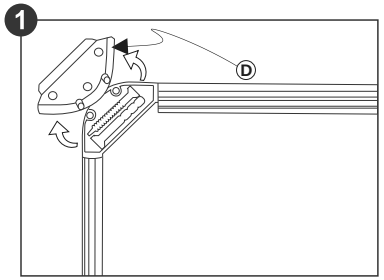


1. Workout Planner
2. Screws & Masonry Mounting Plugs 6mm
3. Marker & Whiteboard Eraser (Re-order code: PW0101Z)
4. Instruction Manual
5. Workout Planner Magnetic Tags (Re-order code: AL3105)

INSTALLATION

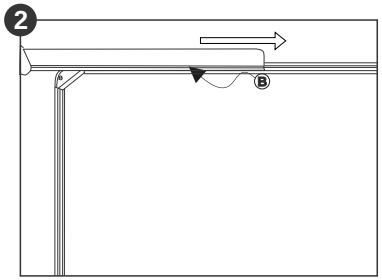
- **To mount this board you will need:**
  - **Drilling Machine.**
  - **6mm masonary drill bit.**
  - **A hammer.**
- **The Tru-fix screws supplied can be hammered straight into position.**
- **Dry wall fixtures are not included.**

1



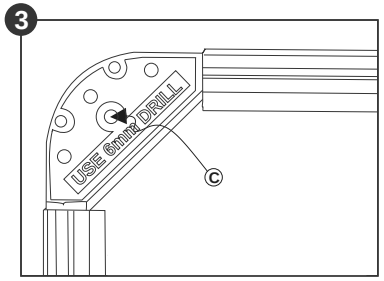
Remove plastic corner cap Ⓐ from the frame by lifting and locate the screws and plugs.

2



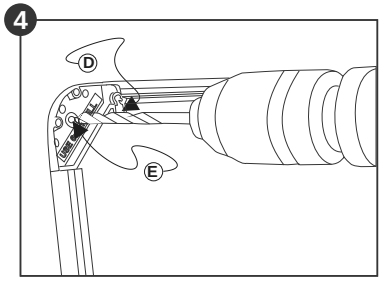
Slide pen-tray Ⓑ into frame groove, as required.

3



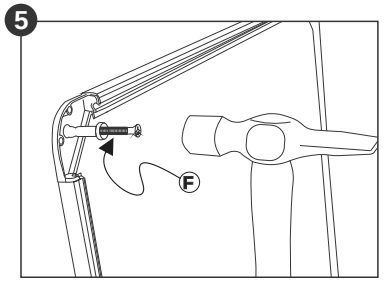
Note the marked location Ⓒ for drilling the holes.

4



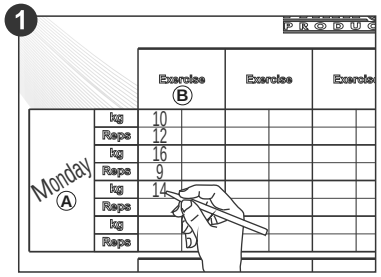
Use a 6mm drill bit Ⓓ to drill straight through the corner mould Ⓔ and into the wall.

5

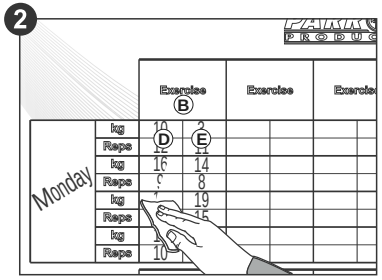


Hammer screw Ⓕ into position with a hammer. Take care not to damage corner mould or frame.- Replace corner cover.

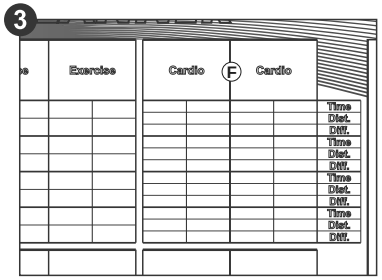
INSTRUCTIONS



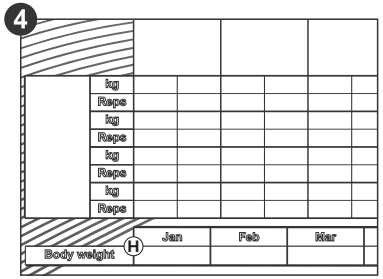
Ⓐ Use this space to write in the day of the week
Eg: 'Monday' or 'Day 1'.
Ⓑ Place Magnetic tags here.
Ⓒ Keep track of your daily progress.



When repeating the same exercise Ⓑ the following week, record improvements in the second column of that exercise Ⓔ . You can erase last weeks figures from the previous column Ⓓ and alternate back and forth weekly between columns Ⓓ and Ⓔ. Alternatively you can use the 2nd column if you can do more than four sets of that particular exercise.



Ⓕ Place Magnetic tags here to keep track of your Cardio workouts.



Ⓗ Use this space to keep track of your body weight throughout the year.

CARE INSTRUCTIONS

Clean stubborn stains from this Whiteboard by using Parrot Products Office Equipment and Whiteboard Cleaning Fluid (Re-order code: BA0201)

No acid or alkalis should be used on this product.

Do not use any solvents, detergents, abrasive materials or any products containing ammonia.

Only Dry Wipe or Whiteboard Markers should be used.

To avoid staining or permanently marking this surface use only PARROT PRODUCTS Whiteboard Markers.

Eraser Pad of Marker (Re-order code: PW0101Z) can be rotated when ink residue builds up.

Please note that this is a specially treated surface therefore only use whiteboard eraser or a soft cloth with warm water.

This product is intended for indoor use only.
Do not use or leave this product outdoors.

GUARANTEE

- This equipment guarantee applies to end users (“customers”)

- The guarantee applies to the supplied products and all their components but not to their installation or configuration or to the services provided by the dealer. Manuals and any software supplied on a separate data medium are excluded from the guarantee.

- The guarantee provides for products that, despite proper care and use, have demonstrably developed defects due to faulty workmanship and/or materials. To be replaced at our discretion free of charge. The guarantee does not cover normal wear and tear. Alternatively, we reserve the right to replace the defective product with a successor model.

- Claims under the guarantee cannot be made if the defect or damage was caused by improper care or use. Improper care or use includes the following:
  - o Opening the product.
  - o End user installation.
  - o Altering the product.
  - o Repairs or work done by persons not authorised by us.
  - o Product fitted to another product or device not authorised by us.
  - o Defects or damage caused by dropping, breaking, lightning or ingress of moisture.

- Any further claims due to damage are excluded arising from the use of our product, provided this was not due to gross negligence and/or intent on our part. Parrot Products is not liable in any circumstance for down-time, loss of profit, loss of data or third party penalties.

- Claims under the Guarantee must be made as soon as the defect is noticed.

- An invoice showing the date of purchase must be presented as proof. Each claim under the guarantee is accepted with express reservation that subsequent investigations confirm the validity of the claim.

- The cost of materials and labour will be borne by us. This guarantee excludes the costs of transport, postage or freight.

- The guarantee period starts on the day of purchase by the end user and is valid for 12 months. A successful claim under guarantee does not extend the guarantee period.